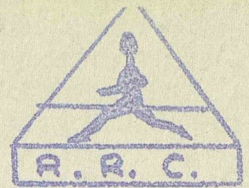


R.R.C., N.Y.A. NEWSLETTER

NO. 3 WINTER, 1960



OFFICERS--for 1959-1960.

President: Ted Corbitt (NYPC), 5240 Broadway, NY 63, NY

Vice-President: Joe Kleinerman (Milrose AA), 2825 Claflin Ave., Bronx 68, NY

Secretary-Treasurer: John Sterner (NYPC), 610 Trinity Ave., Bronx, NY

ANNUAL meeting of the RRC of America was held at the Paramount Hotel, NYC, Feb. 20, 1960.

It was decided that the \$0.25 dues per member would no longer be collected for the national treasury. The possibility of the RRC becoming incorporated is to be investigated. The officers of the RRC, NYA became National RRC officers for 1960-61.

TAPE MEASURE ANYONE ???...Alex Breckenridge's sensational flight over the "Cherry Tree Marathon" course brought up the inevitable question--is it a full length course? Some sunny Sunday morning this Spring we will hand measure the course. Volunteers will be needed. Contact Sterner or Corbitt. Do you have access to a steel tape?

PROFILE NO. I ----- JOE KLEINERMAN by John Chodes (NYPC)

It has been over a quarter of a century since Joe Kleinerman started his career as a long distance runner and within that span of time he has achieved an amazing performance record.

Kleinerman has competed in well over 300 road races above the 6 mile distance, including about 30 marathons, and has been rewarded with trophies and medals in 225 of these.

This enviable record can scarcely be matched by many athletes.

Joe started his career as a cross-country man at DeWitt Clinton High School in 1927. By his senior year he was captaining the team and had placed third in the Bronx cross country high school championships.

In 1930 at CONY he again ran cross country, but due to the fact that he received very little coaching or encouragement he was unable to develop his full potential. He attempted the 880 and mile but with little success. He found he didn't have the speed but he made the important discovery that he was able to maintain the moderate pace of the longer races with little fatigue.

Thus, even though the depression forced him to quit school and start to work, he joined the German American Athletic Club and began his long and rewarding career as a distance athlete.

In all these years Joe has received scarcely any coaching, and all his knowledge concerning the sport was picked up as he went along; by listening to other runners and by his own hit and miss techniques. The weekly practice sessions that are held at Macombs Dam Park have been invaluable for gaining experience, he feels. For this reason Joe believes that a runner can rise from mediocrity to championship caliber without coaching if he listens to others and learns from each race.

Kleinerman's advice to youngsters planning to enter the road running field is--
a) build your body up gradually, through lots of good food, exercise and slow running;
b) don't try to follow another runner's schedule until you have gone through this period of conditioning; c) learn to adjust your mind to the strain of running for long periods of time.

Kleinerman trains about twice a week, usually in the mornings, since he works the night tour at the Post Office.

When he is training for a marathon, he tries, about 3 weeks before the race, to get in one long session of 26 miles, or at least 3 hours of steady running.

He also prefers to train harder in the winter, thus keeping his weight, which is usually 145-150, from falling off during the summer months.

His training methods must be good, since he has been consistently among the leaders in most of the races he has entered. At one time or another, Joe has been runner-up in all the Metropolitan A.A.U. Championships over 10 kilometers, and in 1940 he won the Jr. Met. A.A.U. cross-country championship.

His fastest marathon time was achieved at Boston in the late 1930's; a very impressive 2 hours 40 minutes, and on the tougher Yonkers course his best was 2:50.

In competing over the marathon distance, Kleinerman generally tries to keep in the middle of the pack and maintain a steady pace for the first 13 miles, then he moves up past the half way mark. He also tries to relax as much as possible while running, which he does by enjoying the scenery, or sights along the course. On a hot day he may take a few sips of water en route but nothing more. Early in his career at the Annapolis to Baltimore Marathon in 1940, he almost collapsed and had to drop out of the run, while in second place, as a result of severe stomach cramps from drinking water.

Kleinerman believes a proper diet to be one of the most important areas in keeping an athlete fit. His diet consists mainly of steaks, chops, potatoes and lots of salad. He rarely eats anything before a race, except some tomato juice.

When Joe retires from athletics he hopes to gain a position in the A.A.U. where he will be able to help out the running game.

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TRAINING

Runners with the "drive" to improve have turned to a number of non-running measures in recent years in an effort to get that extra edge. These include: dancing, ballet, weight training, etc. For example, after Geoff Watt, Australia's world travelling marathoner became ill aboard ship in Feb., 1959, en route to Boston, he substituted Yoga and resistance exercises as his training regimen. Sports College studies indicate that few athletes work to develop all of the physical, mental and emotional needs for top competitive efforts. The following article is an introduction to several practice sessions to be held next summer on the subject of Yoga.

"YOGA AS AN AID TO CONDITIONING FOR DISTANCE RUNNERS" by Robert Weingard, Marietta College, Ohio/NYPC

Yoga, in its physical aspect, is a system composed mainly of maintaining certain positions or poses. There are literally hundreds of thousands of poses possible but these are reduced to 84 basic ones. Some of the poses are very similar to calisthenics such as gripping the toes or feet and thus drawing the body down so that the head comes between the knees, keeping the knees straight. This is just an exaggerated form of toe touching. Others are different from anything done in calisthenics such as Kukkulasana (as it is known in sanskrit). Take the left foot with both hands and bring it up on to the right

myself at the last turn of the track where he usually faded. I found him with his mouth closed and only breathing through his nostrils. When he finished I asked of him why he didn't breathe through his mouth. Some one had instructed him never to open his mouth in racing. In two months he became champion sprinter of his club and Military League.

Kohelainen ran every day: three hours in A.M. and same in P.M. Never ate meat. Later he took my advice when he dreamed of winning the Olympic Marathon. He began to eat meat at dinner. He shortened his stride to 39" and history tells of his winning in 1920.

DeMar was a great runner because he punished himself more than his adversaries, just severe punishment made him a winner. At this phase I want to introduce an ailment nearly all long distance men suffer: Hemorrhoids. The rubbing of cheeks of posterior causes this ailment and is a cause of cancer. DeMar died of it. Never do any running without greasing rectum. And in a race do use vaseline in quantity. Yours truly suffers from this, caused by my cross-country record in 1929. Use Preparation H daily. This gives some benefit. Use a laxative of some sort so as to have an easy passage when going to rest room.

Diet. Never eat too much. Any good food is beneficial. Nature has a way of caring for food in its digestion. But I repeat, never overeat. The great Whitey Michelsen lost many a run because he over ate in start of a race. Had to stop and relieve himself in course of race.

H----- F----- over did the use of aspirin tablets at start of race. I witnessed him in the Montreal race take five tablets and won but paid for it later in subsequent runs. He had to quit in his Olympic run.

J----- G----- a star and Olympian when wed swore never to have sexual intercourse. Also never slept in a bed. A rug on the floor was their bed.

Longboat at the start of a race would put a lump of sugar in his mouth. He said it made him feel like running.

Percy Wyer ran natural. Never used any help of any kind. He was an easy runner 4'10" and weighed 92 lbs.

Runners usually come from poor families (as do walkers). They do not have benefit of

massage, drugs, and vitamins. They cannot buy the necessary things. Ailments of legs and feet should be cared for by a doctor or chiropodist. Zuna won a marathon with a pair of shoes worn out with a hole in the sole. He cut a piece of his mom's rug and made an insole for the worn shoes and won the race. Kennedy was so poor when he won at Boston in 1917 that he rode a freight from St.Louis to Boston, in an open car filled with ashes. Had a dollar when he landed. Got a room for 50¢ and bought a loaf of bread. Ate half for breakfast. When we all congratulated him on his success he said, "come to my place where I slept last night." We did and in the bottom of dresser was the remaining half loaf.

Joey Ray never ran when he became famous unless he was paid (expenses). But he added expenses for his wife, the promoters turned him in to the AAU.

The Russians and Japanese are aided by their government. Their success is due to aid given. Leo Sjogren, 50 Kilo champion walker was at my birthday party. There in talking he told of Kuts being massaged three hours before a race. Leo started in athletics when he was 36. Now 42 and training for Rome Olympics. He uses the Finnish hot bath after a workout. His wife is his massuese. Peter Hegelman the great six day walker did the same and was aided by use of ale in his walks. I witnessed him walking in old Madison Square Garden with mug of ale in his hand, drinking leisurely while walking.

I have met nearly all of the great runners and compared ways, methods, diet, work at their trades, sex and of all things of interest to their lives and manner of competing in races. To sum it all up, ITS YOU THAT MAKES A CHAMPION. YOU HAVE TO FIND WHAT IS BEST FOR YOU.

Run Run Run

Marathoner Nat Cirulnick (United AA) married half-miler/sprinter Anna Cirone (German-American AC), Nov. 27, 1959. Both are still competing...The RRC, NYA participated in the "sponsorship" of the 1959 Jr. National AAU 25 Kilo, Dec. 6, at New London, thanks to the contribution of member Bob Campbell... Newest marathon surprise Kent Mills of Florida State University, was seen in a photo running with the "pacing coordination" described in the FALL '59 NEWSLETTER...Percy Cerutti sends best wishes and hopes for success to Jim Borden and the United AA Club... John Sterner (NYPC) included hours of ski practice in Vermont this winter as part of

his training as well as for fun...George Foulds (NYPC) who will burn the roads up soon is postponing his marathon debut due to recurrent knee and ankle injuries and a heavy Graduate School load at Pittsburgh...Will power is the victory of the strongest desire related to the situation. "Whenever the imagination is in conflict with the will the imagination always wins." (Coue)...Rudy Mendez's new mailing address, during the school year: Maryland State College, Box 77, Princess Ann, Maryland...Gordon MacKenzie who will go all out in the marathon try for the Rome Olympics made his marathon debut a success with a sub-2:30 clocking in the "Cherry Tree Marathon"...Yonkers Marathon Course: Much construction still going on along the course with new homes, etc. The roller coaster curve at about 15 $\frac{1}{4}$ miles has been eliminated and the old terrain by-passed so that the stretch now slopes downhill and eliminates the curve. A new temporary curve now appears at about 13 $\frac{1}{4}$ miles out on the course...

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RESULTS OF THE "CHERRY TREE MARATHON", by John Chodes, NYPC

On Sunday, February 21, Alex Breckenridge of the U.S. Marine Corps, won the Road Runners Club Marathon in the Bronx, New York. He covered the 26 mile 385 yard distance in the remarkable time of 2:21:39.8, despite bitterly cold 30° weather and a difficult, hilly course.

From the outset Breckenridge was among the leaders, even though he was competing in his first marathon. His time for the first 5 $\frac{1}{2}$ miles was 29 minutes. Pressing close upon his heels at that point were the New York Pioneer Clubs' Gordon MacKenzie and Rodolpho Mendez. The trio had opened up a considerable lead over the rest of the field once they had passed the 6 mile point.

With 11 $\frac{1}{4}$ miles gone (58:33) Breckenridge had a 30 yard advantage over MacKenzie, while Mendez had faded some 300 yards a-rears. At the 13th mile MacKenzie made a gallant bid for the lead. Although laboring from severely blistered feet and exhaustion, he drew almost to Breckenridge's shoulder. His effort was short lived, as the smooth striding Scotsman steadily drew away within another mile. By the 16th mile Alex was completely in control, with a time of 1:28:16. He had ruined MacKenzie, who was now over 300 yards behind, and losing ground with each step. Mendez was a very distant third, 1000 yards back.

It was generally felt that Breckenridge would not be able to maintain the merciless pace over the last 10 miles, but he never faltered; flying past the 22 mile mark in 1:58:33, and actually lifting the pace in the late stages.

He roared home with a new course, and nearly a national record. His time reduced by 17 minutes the former record held by last year's victor, Ted Corbitt. The old course mark was 2:37. Breckenridge came within seconds of breaking John J. Kelly's national standard for the marathon distance, which was set at Yonkers, New York in 1958.

MacKenzie, although over 2,000 yards behind the winner, had to struggle desperately in the last 4 miles to hold off a rally by Mendez.

Leading Finishers

1. Alex Breckenridge	U.S. Marine Corps	2:21:39.8
2. Gordon MacKenzie	New York Pioneer Club	2:27:28
3. Rodolpho Mendez	New York Pioneer Club	2:28:50
4. Ed Duncan	Bridgeport University	2:35:03
5. Ted Corbitt	New York Pioneer Club	2:35:52
6. Don Fay	Boston Athletic Association	2:48:26
7. Terry Anderson	Central Jersey Track Club	2:49:59